



Frank G. Cousins, Jr.  
Sheriff



Jonathan W. Blodgett  
District Attorney

# TRIAD TELEGRAM

*TRIAD is a partnership of law enforcement, senior citizens and community organizations. The purpose of TRIAD is to increase senior citizen safety through education and crime prevention.*

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## Congratulations Jason Ebacher!



For those of you who have not heard....Captain Jason Ebacher has been promoted! Jason, who had been the Essex County TRIAD Director since 2005, had been promoted last April to **Assistant Superintendent II** at the Essex County Sheriff's Department. As you can imagine, his new position is keeping him very busy as he is now the **Director of Training and Staff Development** for the entire Essex County Sheriff's Department. **Congratulations Deputy Ebacher!**

In planning the TRIAD schedule for the upcoming year, and reflecting upon its past success, it is with much gratitude that we say thank you to Jason for bringing so much growth and success to the Essex County TRIAD.

When he began his journey as the TRIAD Director, the Essex County

TRIAD had fifteen communities actively involved. Jason, along with Essex County TRIAD's Debbie MacGregor, from the District Attorney's Office, worked together to involve more Essex County communities. Today, 31 out of 34 cities and towns in Essex County have active and successful TRIAD's, each one making a difference within their community. A job well done by all!

Who replaced Jason? Karen Martin, who has been with the Sheriff's Dept. over 19 years, was assigned to the position of Essex County TRIAD Director. She has had the opportunity to meet most of the TRIAD Councils and is looking forward to the upcoming year. Karen has spent the summer working with Essex County TRIAD's Debbie MacGregor, from the District Attorney's Office, and John Russell, from the Sheriff's Department, in planning future meetings, trainings and programs that are scheduled to begin this fall.

Please join us as we wish Jason well in his new position and thank him for all he has done to contribute to the success of the Essex County TRIAD.

Thank you Jason!!!

# Breaking the Silence: Voice of Hope

(Article submitted by Project Coordinator Elizabeth Cochran, Elder Justice Network)



***Breaking the Silence: Voices of Hope***, an original play raising awareness about—and providing hope to victims of—elder abuse and neglect, was premiered at the Beverly Senior Center on April 26 before a crowd of over 200 people, including the Secretary of the Massachusetts Office of Elder Affairs, Ann M. Hartstein, who introduced the play, and the State’s Director of Elder Protective Services, Deborah Fогarty.

The play, which offered real and inspiring stories from victims of elder abuse and neglect, was written by Kelsey McCabe, a recent graduate of the School of Social Work at Salem State College, who served as an Intern at the Beverly Senior Center this past year. The stories were acted out by members of the Beverly Senior Center and touched on a variety of topics: domestic violence, financial, and psychological exploitation. “Working on this project was a truly transformational experience for everyone involved,” says Kelsey, who undertook the project as part of her graduation requirements. “On the first day of rehearsal, the seniors weren’t exactly sure what ‘elder abuse’ encompassed; they just wanted to act,” she says. “Now, they are all so passionate about the topic and eager to spread the word and change lives—they’re an inspiration.”

“This is not an easy topic for most people to talk about, so we wanted to find a creative way to raise awareness about the problem but in a forum that will give hope to victims,” says Katie Galenius, LICSW, who is a co-chair of the Elder Justice Network of the Greater North Shore, which co-produced

the play with the Beverly Council on Aging. “Kelsey has really done an outstanding job with this.” Kelsey and the play’s producers hope that other area senior centers will want to put on the play in their own community.

Elder abuse takes many forms, including physical, sexual, domestic violence, psychological, financial, caregiver neglect or abandonment, and even includes self-neglect. It is a growing social problem, despite the fact that it remains one of the most underreported crimes nationwide. The Executive Office of Elder Affairs mans a statewide, 24-hour hotline (1-800-922-2275) to report elder abuse. “Even if you just suspect something isn’t right, you can call and talk with someone,” says Katie. When warranted, elder protective services investigates reports and works with seniors, their families, caregivers, and service providers to make things better. “All calls are confidential, and the name of the reporter is protected,” she notes. Katie also directs a unique program at Greater Lynn Senior Services that offers help and support to older women throughout the North Shore who are the victims of abuse by an intimate spouse or partner.

“I offer my congratulations to everyone involved in the production of this play, and I commend those who have shared their personal stories of abuse and neglect for their courage in coming forward and talking openly about this problem,” said Essex District Attorney Jonathan Blodgett. “Your dedication to raising awareness about elder abuse will make a difference.”

The Elder Justice Network of the Greater North Shore, a grassroots, community-based group of volunteers, is sponsored by GLSS and encompasses the cities and towns served by GLSS, North Shore Elder Services, and Senior Care. For more information about joining or to request a presentation about elder abuse and neglect to a group in your community, contact **Program Coordinator Elizabeth Cochran, LCSW, at 781-586-8511.**

## Keeping Your Credit Card Safe

(Article excerpts were originally published in the AAA Valley News)

In August of 2008, the Department of Justice announced the indictment of 11 people involved in the largest credit-card-fraud and ID scheme ever identified.

According to a Javelin Strategy and Research report, more than 40 million credit and debit card numbers were stolen. Furthermore, in 2007 more than 8 million Americans fell victim to credit card scams.

Below, please find the last 5 of AAA's 10 Tips to Keeping Your Credit Card Safe:

6. Keep credit card numbers secure - do not give out your information over the phone unless you are familiar with the merchant or you have initiated the call.
7. Track your usage by keeping receipts for your ATM, credit and debit cards.
8. Keep a list of your credit card numbers, issuer contact information and the three credit reporting agencies in a safe place to allow for quick reporting if they are lost or stolen
9. Shred pre-approved offers, card receipts and anything that displays your credit card information before putting them in the trash.
10. It is wiser to use a credit card, rather than a debit card, when making purchases over the Internet.

(Please refer to the Fall 2009 Essex County TRIAD Newsletter to review the first 5 tips to Keeping Your Credit Card Safe from AAA.)

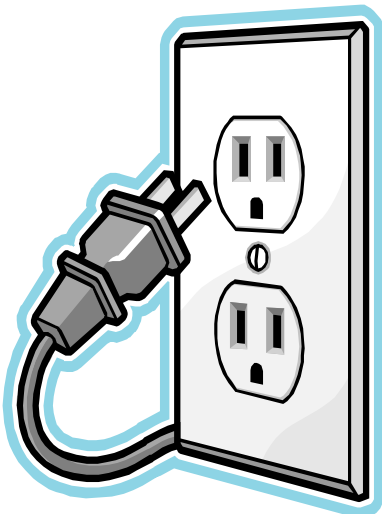
## Vacation-Proof Your Place

(Article originally published in the USAA.com Winter 2008 Newsletter)

### Follow this checklist before you leave

Before embarking on a trip - whether it's just a long weekend or an extended holiday break at your parents' house - make sure you take these steps to keep your apartment or home safe and sound:

- Ask the post office to hold your mail.
- Stop newspaper delivery.
- Adjust your thermostat - in winter, no lower than 55; in summer, no higher than 85.
- Unplug sensitive appliances such as computers, televisions and microwave ovens.
- Turn off water supply to your toilets, washing machine, sinks and icemakers.





## TRIAD Officer Boot Camp

In November of 2009, the Essex County TRIAD hosted a TRIAD Officer Boot Camp for approximately 55 individuals affiliated with various TRIAD's throughout Essex



County.

With 31 out of the 34 Essex County communities currently operating their individual TRIAD, many participants have requested formal training on how to successfully maintain, operate, and preside over their TRIAD and their monthly meetings.

Co-Essex County Founder, Sheriff Frank G. Cousins, Jr., commenced the training by



explaining the importance of the program and his excitement of the progress the program has made since he helped establish it in 2000.

Sheriff Cousins continued by stating that he intends to continue the TRIAD program, even with the current economic problems facing the State and the Sheriff's Department, as keeping seniors in Essex County safe is one of his highest priorities as Sheriff.



Immediately following, Sheriff Cousins and Essex County TRIAD Director, Captain Jason R. Ebacher, began the training by explaining the do and don'ts of presiding over a TRIAD's monthly meeting. In addition to Capt. Ebacher, Debra MacGregor from the Essex District Attorney's Office and John Russell, also from the Sheriff's Department, assisted the crowd with insight on successfully operating a TRIAD in their community.

Following the hour long training, breakfast and networking between various Essex County Triads took place along with a tour of the jail for those who were interested.

## TRIAD Lecture Series

Identity theft, scams and prescription drug disposal are just some of the topics being discussed in Essex County. Throughout the past few years, TRIAD representatives from the Essex County Sheriff's Department and Essex District Attorney's Office have traveled to numerous locations lecturing seniors on the various topics affecting today's senior population.

The following is a comprehensive list of topics representatives from the Sheriff's Department and the District Attorney's Office have spoken about during the last few years:

- Identify Theft
- Senior Scams
- Prescription Drug Disposal
- Grab & Go Program
- Health Care Proxies & Durable Power of Attorneys
- Elder Abuse
- Homestead Act
- Home Improvement Contractor's Statute



If you or your TRIAD are interested in reserving a lecture for your group, please contact Deputy Karen Martin of the Essex County Sheriff's Dept. at 978-750-1900, ext. 3322.

## PHOTO ID Card Update

This free program provides seniors with a secondary form of identification. **You must provide one of the following forms of identification to receive this free ID** sponsored by the Essex County TRIAD and your local Council on Aging:

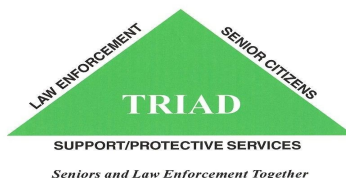
- A valid State License
- A valid Passport
- A valid Massachusetts Photo ID issued by the Registry of Motor Vehicles

**Expiration Date:** This Photo ID expires five years from the date of issue.

## TRIAD Banner and Certificates of Appreciation Available!

**TRIAD BANNER:** The Essex County TRIAD Council has a beautiful banner available for groups who would like to borrow it to display at any kind of event which promotes the TRIAD Program. If interested in reserving the TRIAD Banner for your event, please contact Deputy Karen Martin at 978-750-1900, ext. 3322.

**CERTIFICATES OF APPRECIATION:** Essex County TRIAD Certificates of Appreciation are available for retiring TRIAD council volunteers. If your community would like a certificate, signed by both the Sheriff and District Attorney in appreciation of their service, please contact Debbie MacGregor in the DA's Office at 978-745-6610, ext. 5081.



## ESSEX COUNTY TRIAD 2009 SURVEY RESULTS

TRIAD is a community based program providing safety programs for seniors. Triad Councils are currently operating in 31 of the 34 cities and towns in Essex County, and meet monthly at the local Senior Center. They are coordinated by the Sheriff's Department and District Attorney's Office, in partnership with your local police department, Council on Aging, service agencies, and most importantly, seniors from your community!

We would appreciate it if you could fill out this brief survey, and return it by mail or personally to the front desk of your Senior Center by October 1, 2009. Thank you!

What community do you currently reside in? A total of 443 seniors representing 21 Essex County Communities responded to this survey.

How do you obtain information or news regarding your community?

Newspaper: 335 Television: 236 Radio: 99 Friends: 264  
Senior Center Newsletter: 398 Internet/computer 69

How often do you visit your community's Senior Center?

Daily: 68 Weekly: 148 Monthly: 35 Rarely: 89 Never: 26

Do you participate in activities offered at your Senior Center? If so, what programs? **Meals on Wheels, Computer Courses, Tai Chi, Games with Grandchildren, TRIAD, Exercise Groups, Fairs, Trips, Monthly Birthdays, Bingo, Pokeno, Pool, Wii, Card Games, Board Games, Various Clubs, Volunteer, Arts & Crafts, Dancing, Golf, Painting, Movies, Bible Study, Breakfast, Lunch, Lectures, Music, Wood Carving, Health Groups/Clinics/Services, Outings, Sewing/Quilting, Musicals, Special Events, Transportation, Social Groups, Outreach, Photography**

Have you ever attended a Health Fair or Open House at your Senior Center? **221 – Yes.**

Do you carry a cell phone? **308 – Yes.**

As a senior, what are your concerns regarding your safety in your community?

*Most common concerns:* **Falling – Icy/snowy streets – Walking on unsafe sidewalks – Poor Outdoor lighting on walkways/streets/parking lots – Living alone - Vandalism Identity Theft – Scams: Phone/Mail/Internet – B&E – Fire - Unsafe Drivers – Poor outdoor lighting, unlocked doors, and/or pavement maintenance issues are safety concerns for those in Senior Housing – No knowledge of where to go for shelter in disaster situations – Assaults - Being out walking and/or driving at night.**

Would you be interested in learning more about the following issues?

Elder Abuse	107 - YES	172 - NO
Scams against Seniors	282 - YES	91 - NO
Identity Theft	272 - YES	87 - NO
Self Defense Training	148 - YES	146 - NO
Hoarding	89 - YES	178 - NO
Proper Disposal of Prescription Drugs	186 - YES	136 - NO
Financial Planning (Wills, Health Care Proxy, Etc.)	131 - YES	147 - NO
Smoke Detectors/Carbon Monoxide Detectors	132 - YES	148 - NO
Wanderer's Registration Program for Seniors with Alzheimer's or Dementia	111 - YES	185 - NO
Internet Safety	138 - YES	143 - NO

*Over the past five years, have you been the victim of any of the following crimes? (circle all that apply):*

10 - Home Vandalism	11 - Breaking & Entering	20 - Vehicle Theft/Vandalism
0 - Physical Abuse	8 - Fraud	2 - Assault
8 - Robbery	4 - Neglect	12 - Harassment
14 - Identity Theft	12 - Emotional Abuse	10 - Financial Abuse

Are you familiar with the Essex County TRIAD Program? **179 - Yes, 158 - No**

- a. Do you have a File of Life magnet on your refrigerator? **205 - Yes, 173 - No**
  - b. Do you have a File of Life card in your wallet/purse? **144 - Yes, 220 - No**
  - c. Do you have a Yellow Dot Card in your car? **71 - Yes, 258 - No**
  - d. Do you have a Senior Identification Card issued by Triad? **123 - Yes, 235 - No**
  - e. Do you have a number on your house that is visible from the street? **341 - Yes, 34 - No**
  - f. Do you have a Grab and Go bag? **88 - Yes, 238 - No**
  - g. Have you ever attended a Triad Mock Trial? **18 - Yes, 238 - No**
  - h. Do you participate in the Shredding Program at the Senior Center? **45 - Yes, 275 - No**
- Have you attended any of the talks on the following subjects:

Identity Theft/Scams **99 - Yes, 59 - No**  
 Elder/Domestic Abuse **40 - Yes, 67 - No**  
 Financial Planning **75 - Yes, 58 - No**  
 Proper Disposal of Prescription Drugs **39 - Yes, 60 - No**  
 Go Direct (Direct Deposit) **72 - Yes, 74 - No**  
 Disaster Preparedness **50 - Yes, 63 - No**

*Continued on next page*

Would you like to learn more about any of the programs listed above?

If so, which programs?

**Identity Theft/Scams, Elder/Domestic Abuse, Financial Planning, Proper Disposal of Prescription Drugs, Go Direct (Direct Deposit), Disaster Preparedness, Photo ID, File of Life, Yellow Dot, Grab & Go, Mock Trial, Smoke/Carbon monoxide Detectors, Shredding program, House Numbering, Wanderer's Registration, Self Defense, End of Life, Wills, Health Care Proxy, Durable Power of Attorney, Safety Issues, Vehicle Theft/Vandalism, Breaking and Entering,**

Comment Section:

**- We are very fortunate to have these programs available to us – Our COA staff is very kind, thoughtful and helpful – Would like a training session on how to use cell phone – Thank you for the instant response when I have a question – My refrigerator door does not hold a magnet, what other means could I use to keep info accessible? – TRIAD is a great program for the elderly – We have a wonderful Senior Center – I know nothing about the TRIAD program – Marvelous program – Would love to join but I am not up to it, thanks anyway – Have received about ten phone calls involving a scam in the last ten days about winning money – What is a Yellow Dot card? – Thanks for opportunity to provide feedback – Our Senior Center is Tops, nothing but praise for the way it operates – Excellent programs – Some elders retreat from life. They need programs to keep them alive and alert. Bravo for Triad! – Triad is the same time as exercise class – Repeat programs for newcomers – Would like information about what to do in a “fender bender” – Would like more talks with the Elder Services Lawyer on how to protect finances – Our Triad does a good job and is very visible in the community – COA Director does a great job – Average person does not put themselves out for seniors – Senior Center does a wonderful job presenting programs – Where do you suggest leaving My Personal Information Record? – Never heard of Grab & Go – As I learn more about what is available I should be able to choose what will help my fellow seniors and myself**

Would you like to become involved with your local TRIAD Council? If so, please include your name and phone number and a representative from the TRIAD Council will contact you.

**37 seniors provided their names and contact information. Many others stated they would like to participate but were unable to due to lack of transportation and/or poor health.**

**Many thanks to all those who  
took the time to participate in  
our TRIAD Survey!**



# What is Hoarding? Am I a Hoarder?

(Article submitted by Laurie Grant, Hoarding Outreach Specialist, GLSS)

We all have material things that are important to us—a favorite t-shirt from college, a teddy bear won at the local fair, and that's ok...we are allowed to have *stuff*. The world we live in makes it impossible not to collect; junk mail, freebies from the health fair, your children's school projects (even though they are now 52), a sale at your favorite store.

An individual who hoards has a difficult time discarding items when they are no longer useful or needed. Over time their home literally fills up. There is a point when the home becomes consumed with clutter, limiting access to areas of the home, deeming the space unsafe and unlivable—**that is compulsive hoarding**.

If, for example you collect books, and you have a few too many on the bed or on your kitchen table, that would be considered clutter. **Hoarding** is when the amount of books continues to grow, filling the bath tub and/or bed, making it difficult or impossible to use them for the intended purpose. The individual keeps acquiring new books, bringing more and more into their home, because they appreciate how they look or make them feel.

If this sounds like you or someone you know, log onto [www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding) or contact Laurie Grant, Hoarding Outreach Specialist, Greater Lynn Senior Services, (781) 586-8605.

## \*TRIAD Spotlight\* **MARBLEHEAD TRIAD**

Initiating programs is quickly becoming routine as the Marblehead TRIAD over the last few years has taken the lead in creating and/or implementing several of Essex County's successful programs. Whether it be the creation of the My Personal Information Record or the introduction of the Emergency Grab and Go Program, the Marblehead TRIAD, since its adoption in October of 2003, has consistently been one of the Essex County TRIAD's most successful TRIADs.

Since 2003, the Marblehead TRIAD has implemented the File of Life, Yellow Dot, Photo ID, Shredder, My Personal Record Information and In Case of Emergency (I.C.E.) programs.

Immediately following a flood and evacuation at one of their senior housing complexes, the TRIAD implemented what is now known as the Emergency Grab and Go Program. Donated by two local Rotary Clubs, bags were supplied to Marblehead senior citizens.

In addition to implementing the Emergency Grab and Go Program, they also initi-

ated in Marblehead an Emergency Registry for those who might need assistance in the event of an emergency. The Marblehead TRIAD currently has approximately 150 individuals registered.

In collaboration with the Marblehead Police and Fire Departments, the Marblehead TRIAD has been able to offer smoke and carbon monoxide detectors which are installed by the fire department.

As mentioned earlier, the Marblehead TRIAD is the creator of the "My Personal Information Record." This record was created for individuals interested in assisting their families by supplying them with a guide as to where their investments, personal papers, etc. were kept.

Most recently, the Marblehead TRIAD has begun to work with the Police Department in implementing the Prescription Drug Disposal Program with a revamped mailbox located in the police department lobby.

***To have your TRIAD recognized under the Community Spotlight section, please contact any member of the below mentioned editorial board.***

## **Essex County TRIAD Telegram**



